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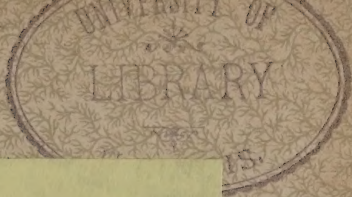
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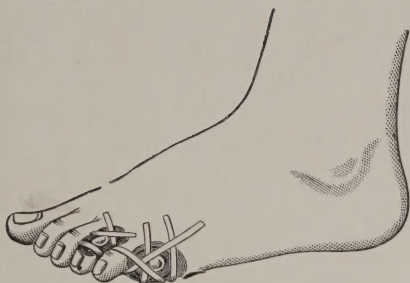
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Showing Method of Dressing Corns Located upon
Toes.



Showing a Foot Having Bunion, Enlarged Joint, and
Dislocated Joint at the same time.



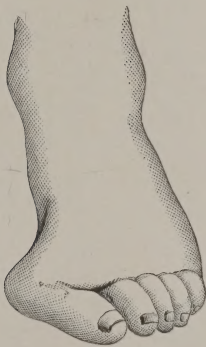
The Sole with Callosities.



Callosities and Corns on the Joint of the Great Toe.



Ingrown Toe-Nail—with Proud Flesh.



Enlarged and Dislocated Joint.



Bunion.



Method of Dressing Bunions and Enlarged Joints.

corn is secreted by the dermis, or true skin, just as our finger and toe nails are formed.

Hard corns form most frequently on the outside of the little toe, and on the tops of the joints of all the other toes, except those of the great toe. Occasionally they form on the sole of the foot, and on the heel and side of the heel; and they often accompany a bunion, or a dislocated or enlarged joint.

The following treatment is recommended for hard corns. First bathe the foot in a basin of hot water for about ten or fifteen minutes, drying it well at the expiration of that time. Moisten the corn thoroughly with a little spirits of ammonia (hartshorn) and with a dull knife pick or scrape up the edges of the callosity, which will be soft and easy to remove, being cautious not to cut deep enough to draw blood. Anoint the parts affected well with vaseline or mutton tallow, and then bind them with a piece of old linen, keeping the binding on for two or three days, and wearing a very loose shoe at the time, so as to keep all pressure from the sore toes.

Should the corn be highly inflamed, so as to

have the appearance of a fester, make a slippery-elm or flaxseed poultice and apply to the sore toe or toes before going to bed, keeping it on through the night. In the morning remove the poultice and bathe the foot in warm water, drying thoroughly immediately after. Then with a dull knife pick the callous formation off, as close as possible without drawing blood.

A washer must then be cut out of felt, or a number of thicknesses of chamois skin, with an aperture the full size of the corn, and applied with sticking-plaster or mucilage. The thickness of this washer or shield must differ according to the height to which the corn has grown, so as to relieve the sore parts from all pressure. The aperture in the washer should be filled with vaseline or mutton tallow.

This treatment is mild and effective, and will rarely fail; but, as it sometimes occurs that the person afflicted is compelled to go out in all sorts of weather, necessitating the wearing of ordinary shoes, we give another remedy which can be employed at night, thus avoiding interference with daily employment,



Foot of an Adult when not Deformed.



The Foot Tortured by Hard Corns.

and which will relieve if not entirely eradicate the trouble.

A slice of lemon about the size of a five-cent piece, or if necessary larger, can be bound over the corn for two or three nights, filing or scraping the callous parts off as much as possible, without causing the corn to bleed. Then wrap the toe up in oiled silk and keep the wrappings on for a few days. The lemon can be applied as often as is found necessary to soften and loosen the corn. This remedy is entirely harmless.

Temporary relief can be secured by the following prescription, for the outlay of a few cents at the nearest drug store. Procure a camel's-hair brush and ten cents' worth of tincture of iodine, and paint the calloused spot. Wear an old shoe, cutting away any portion of the leather which would be likely to press on the corn.

Should the irritation have produced such serious inflammation that the remedies already given fail to give the desired relief, or should the corn be very badly ulcerated, the patient should consult a skilled chiropodist, or the

family physician. Happily this is not often the case, as all ordinary corns will yield to the treatment given herein.



Chapter Three.

SOFT CORNS.

Their Nature—Where Found—First Symptom—
Manner of Growth—To Get Rid of Them.



SOFT corn is the blister or ulceration, caused by the pressure or friction of the joint of one toe against the toe next to it; but, unlike the hard corn, it is soft and spongy, which condition is due to the presence of natural perspiration.

Soft corns almost always form between the toes, and rarely, if ever, on any other portion of the foot; as the moisture, which is naturally present at all times with healthy persons, and is retained between the toes, will produce this soft condition of any callosity that is formed there by undue pressure or friction.

The first indication of the growth of a soft corn is a sense of burning between the toes, as if the parts had been scalded. An examination at this stage will often reveal nothing, although sometimes the toe will have what

appears to be an ordinary water blister which has been punctured.

Although flat, this painful blister contains a fluid, which, if not discharged, in a short time becomes thick and forms a hard substance, and it is the pressure of the toes upon this substance which causes the full development of the corn.

Again, if this fluid is permitted to escape, the dermis (real skin) inflames, and secretes, as in the case of the hard corn, the fluid which forms a callosity, and the continued pressure of the toes on this hard spot also causes a soft corn to develop. The fully developed soft corn feels as if a piece of gravel or seed had gotten between the toes, a sensation which often occasions nausea.

The soft corn is never deeply set or rooted, and being subjected to the continual pressure of the surrounding toes, does not project much above the surface; and being of a spongy nature, similar to India-rubber, is not easily extracted with an ordinary knife.

The condition of the corn and its painfulness depend entirely upon its location, and the

amount of pressure and moisture to which it is subjected. If the pressure be very great, it may produce inflammation and even suppuration, and the corn is then extremely painful. I have known of cases where the patient has been unable to attend to business or household duties, and even confined to the bed for several days. It has been at the least a fortnight before the regular shoe could be worn, on account of the swelling of the entire foot.

The best way to get rid of these pests, provided the corn be not too much inflamed, is to remove with fine emery paper all the white or yellow skin. Before attempting this the foot should be bathed in hot water, as hot as can be borne, as this will remove much of the irritation. Caution must be used in order to avoid causing the corn to bleed, as while the emery paper cuts imperceptibly it does so rapidly.

Should the parts be too highly inflamed, a poultice of bread and milk, or of slippery-elm, must be applied at night, and removed in the morning, when the foot should be bathed in warm water. This having been attended to,

with a pointed knife pick off the white spot as much as possible, being cautious not to draw blood.

When the corn lies at the base of the toe, a small bunch of absorbent cotton, soaked in spirits of camphor, must be applied during the day, repeating the application each morning until the corn has entirely disappeared. Should a little extra growth still appear, pick it out with the point of a knife, as heretofore instructed, and continue the application of camphor.

When the corn is located between the toes, at or near the joints, cut a washer of felt or chamois about the size of a five-cent piece, with an aperture a little larger than the corn, and apply with ordinary mucilage or sticking-plaster, filling the aperture with absorbent cotton soaked in spirits of camphor. Loose shoes in such a case are imperative.



Chapter Fourth.

VASCULAR CORNS.

Of Rare Occurrence—Found Only on the Sole of the Foot—Meaning of Name—General Appearance—Best Way to Treat.

THE vascular corn, which is exceedingly painful, is fortunately of rather rare occurrence, and when present is produced by a train of peculiar circumstances. The term vascular is derived from the Latin, and signifies “pertaining to blood-vessels;” which exactly describes the character of this species of corn, as they are invariably crowded with minute blood-vessels.

They have never been known to appear on any other portion of the foot except the centre of the sole, usually designated “the ball of the foot.” The general appearance is that of a wart, which they much resemble in character, being very deeply rooted. The substance is spongy, like a small tumor, and does not project much above the surface of the skin; and when fully developed is studded with little

red and black specks, the surrounding cuticle being much inflamed, and the ball of the foot very much swollen. Should the person afflicted attempt to extract it with a knife, the corn will bleed profusely, owing to the great number of minute blood-vessels which it contains.

The best way to treat a vascular corn is to bathe the foot in very warm water for ten or fifteen minutes, in order to allay the irritation, and dry thoroughly. Then remove the surface of the corn with a small piece of emery paper, but be very cautious not to cause the rupture of any of the little veins, as that would cause them to bleed, and the treatment could not be proceeded with until the hemorrhage had ceased.

When little red spots are plainly visible, apply to these specks or points caustic, or strong nitric acid with the end of a wooden toothpick, which must be whittled to a point in order not to get the acid on any except the part affected. Avoid using the foot as much as possible, and be sure that the inside sole of the shoe is perfectly smooth, and that the stocking has no prominent darns, knots, or

seams to cause irritation and a return of the trouble. A felt or chamois sole should be worn inside of the shoes, until the corn has entirely disappeared.

The caustic or acid application can be repeated each day, or every other day, as may prove necessary, until the corn is cured.



Chapter Five.

THE TOE-NAILS.

Their Use—Distortions—Suggestions for Cutting the Toe-Nails—Ingrowing Nails—Wrong Treatment, and its Results—Way to Cure Ingrowing Nails—The Ancient Method—The Club Nail—Its Cause and Cure.

IN this age of hurry, bustle, and money-getting, there is no part of the human body which receives so little attention as the toe-nail, and but very few persons appear even to know its use.

The nails are placed over the ends of both fingers and toes to protect the nerves, which lie very near the surface of the skin, and which would otherwise prove extremely sensitive.

Accident, as well as inattention and ignorance, cause the toe-nail to grow in various shapes, and as the shoe tends to aggravate this, and further injure the nail, there are very few persons who have absolutely perfect toe-nails. Badly shaped nails cause pain and annoyance, and if not speedily and properly

attended to, end in that most common complaint, "ingrowing toe-nails."

For the benefit of those who desire to improve a misshapen nail, no matter to what cause it may be due, I make the few following suggestions.

The manner in which the toe-nails are cut is of the greatest importance. The feet should first be bathed for a short time in salt water, and while they are still in the water scrubbed well with a stiff brush, especially the cuticle around the base of the nails. This will tend to remove any ragged cuticle and chalky white substance, which, being thrown off by the pores of the skin, gathers under the nails. Dry the feet thoroughly, especially between the toes.

When the nails are flat trim them straight across, even with the ends of the toes, with a pair of oval scissors; but when oval trim them rather rounded on the ends, but not pointed.

Should the nail have a tendency to turn down and into the flesh at the sides, insert a little wad of lint under it, to keep it from irritating the flesh, and thus developing an ingrowing toe-nail, which when once developed

will cause more pain and suffering than comes from any other trouble connected with the foot.

All the toe-nails are liable to assume this shape, but it is most frequently found in the nails of the great toes. This is usually due to the wearing of shoes which are too short and narrow, and by the fact that at the first sensation of pain the person so afflicted immediately has recourse to the scissors and cuts the nail off short, under the impression that the pain is caused by the length of the nail. But this will serve to give only temporary relief, and as the pressure from the shoe is not removed, the flesh is pushed still further up over the rough edge of the nail, causing greater pain than before. Again the scissors are called into play, but this time at the side of the nail, which is cut again and again, until the scissors will no longer reach the part of the nail which is supposed to cause the suffering.

The result of this cutting is a rough, jagged edge on the under side of the nail, and as the shoe is still crowding the already sore flesh over the edge, the patient now suffers most in-

tense pain. This continued irritation increases the inflammation, until the flesh swells up, often covering half the nail, pus forms, and proud flesh is produced.

The pain will then be so severe that the shoe cannot be worn, nor the weight of the body borne on the foot, in walking or standing; the patient is now compelled to cease his or her employment, rest the foot, and call the physician or surgeon to his aid.

The first thing to do in attempting to cure an ingrowing toe-nail is to find just how far the nail has grown down into the flesh at the side, by pushing away the thick, crowded flesh—provided there is not too much inflammation.

Should this prove too painful, or the surrounding flesh be much swollen, a poultice of ground slippery-elm or flaxseed must be applied before retiring, and kept on all night. In the morning remove the poultice, bathe the foot for ten or fifteen minutes in water as hot as can be borne, sponging the toe thoroughly to remove any foreign substance, and then gently but perfectly dry the foot. The flesh will then be found in a very soft condition,

and the inflammation so far subsided as to admit of pushing the flesh back from the nail with a dull instrument, and making an examination into the cause of the trouble.

Should there be any sharp or rough edges, a point, or even a fragment of projecting nail, these must be removed with a knife or scissors. The edges of the nail must then be raised sufficiently to allow the insertion, between that and the sore flesh underneath, of a small, flat piece of lint, applying at the same time a little zinc ointment or other healing salve, after which the toe should be bound up with a piece of old linen.

This treatment must be faithfully and exactly repeated, night and morning, until the cure is complete; and the patient must wear a shoe from which the leather over the toe has been removed. This is the only way to prevent pressure upon the sore spot; and if it is subjected to any pressure, proud flesh is liable to appear. A wad of cotton batting or felt should be placed between the great toe and the second, to keep them from pressing together, thus aiding the healing process.

Should proud flesh set in, add to the bath for the foot a little carbolic acid, in the proportion of half a teaspoonful to a quart of water, and wash carefully the parts affected, drying the foot well; after which sprinkle a little burnt alum on the proud flesh. This is entirely painless, and will consume all the proud flesh in the course of a few days.

As this trouble is usually caused by wearing shoes that are too short, too flat, or too narrow; it will surely return unless proper shoes are at once procured and worn.

There is still another method of treating this disease, but happily it is only used occasionally by certain physicians and surgeons, though formerly it was the only method known which would effect a cure.

The half or whole nail causing the trouble was entirely removed, after putting the patient under the influence of chloroform or ether, by pulling it entirely out from the flesh with a pair of pincers. This torture and its consequences confined the patient to the house for a number of weeks, or until the new nail had made its appearance. Even this, in a great

many instances, did not serve to prevent a return of the trouble, as after the cure had been effected at such an immense sacrifice, the victims, through either ignorance or carelessness, returned to their old habits of wearing ill-fitting shoes.

My advice to all persons afflicted with ingrowing toe-nails, or who have had them treated but without succeeding in effecting a cure, is to procure at once shoes of sufficient length, breath, and fulness of upper to allow plenty of room for the toes, and especially for the great toe, and follow the treatment heretofore described carefully. If this advice is acted upon a cure will certainly follow in a reasonable length of time.

The club nail is usually caused by accident, or the pressure of a shoe which is too short, or not full enough in the upper. The nails grow very thick and brittle, sometimes becoming as hard as bone, and enlarging to an unnatural height and length. While they are anything but beautiful, it is seldom that they are painful, until they grow high enough to cause the shoe to press the nail into the delicate



Distortion of Second Toe with Corn on Joint.



Showing the Great Toe Crowded Beneath the Other Toes.

nerves underneath; then they are a source of constant misery until cared for properly.

On account of the great thickness and hardness of the club nail, the easiest and best way to prevent its becoming a source of annoyance is to use a pair of regular nail clippers, or a small rasp, first soaking the foot in hot water for ten or fifteen minutes. After drying, apply to the nail to be cut some spirits of ammonia (being careful to get as little as possible of the ammonia upon the flesh), as this will serve to soften the nail and permit of easy manipulation. After this preparation the next step is to clip off the excess of nail, in as small pieces as possible, in order to avoid injuring the base of the nail, or the cuticle. Should the rasp be used instead of the clippers, file the nail as gently as possible. When the operation is completed, anoint the whole toe with carbolated vaseline or ordinary mutton tallow.



Chapter Six.

BUNIONS, DISLOCATED AND ENLARGED JOINTS.

All Three Popularly Called Bunions—Cause of Bunions—Relief—Useless to Treat unless Proper Shoes are Worn—Enlarged Joints Explained—Their Treatment—Dislocated Joints—Their Care.



ANY enlargement of the flesh covering the joints at the base of the great and little toes is popularly termed a bunion; but this is a great mistake, as there are three distinct diseases of these joints, almost precisely similar in appearance, and due to exactly the same cause or causes, but which require three different forms of treatment. A person may have one, two, or even three of these diseases at the same time and in the same joint, but the appearance would be similar to a bunion.

These diseases are bunions, dislocated joints, and enlarged joints, and all are primarily due to the wearing of ill-fitting shoes, rheumatic gout, or accidental injury.

The bunion proper is caused locally by the swelling of the flesh covering the joint at the base of the great or little toes. I have seen some cases where both joints were affected on the same foot. The constant pressure of the shoe when walking, if either too short, too narrow, or too loose in the instep, so as to cause the toes to press forward into the tip of the shoe, causes pain as well as swelling, and the part affected becomes red and inflamed. This pain, as well as the inflamed appearance, comes and goes at intervals of from two to four days' duration, and sometimes even longer; but each time, as the pain returns, it becomes more severe, and the swelling increases; the pores on its surface begin to close, and a hard, thick skin, studded with little hard corns about the size of a pin-head or larger, covers the bunion. These little points or grains of hard substance press down into the skin and against the nerves underneath, and cause exquisite pain.

The dislocated joint can be cured, the enlarged joint greatly reduced, but the bunion proper can be only relieved of pain from time to time.

In order to obtain this relief, soak the foot in a bath of hot water, keeping the temperature up by adding boiling water from time to time, from fifteen to thirty minutes, in order to draw out as much inflammation as possible. Dry the foot thoroughly, and if there be any callosities, or small hard corns, remove them with the point of a knife, but do not cause the part to bleed, or even irritate it much. If, after the above treatment, the surface of the swelling is rough, reduce it by the judicious use of a piece of fine emery paper.

Then rub well into the joint with the palm of the hand, for about ten minutes, a good-sized piece of mutton tallow, and spread some more of it on a piece of old linen, first heating it slightly to cause it to adhere, and apply it to the bunion. Bandage the foot with a strip of the same linen, and draw over it a thin sock or stocking. Should it be desirable or necessary to wear a shoe, an old one must be procured and substituted for the regular foot-wear, and all that part which would be liable to press on the seat of the trouble must be cut away. It would be well, however, to rest the foot as

much as possible for the first few days. A washer of felt, with an aperture a little larger than the bunion, will aid in keeping pressure from the sore spot.

This treatment must be repeated night and morning until the pain and redness have entirely disappeared.

Should the bunion be much swollen and painful to the touch, and present symptoms of ulceration under the skin, make a poultice of flaxseed or slippery-elm, and apply two or three times during the day, and one of a larger size before retiring for the night. Remove it in the morning and bathe the foot in water as hot as can be borne; any callosities or little corns can then be easily removed with the point of a knife. After this has been done, apply carbolated salve, or camphorated ice, on a piece of old linen, bandaging the foot as heretofore described.

Should the inflammation in the joints affected refuse to yield to this treatment, the family physician should be called, as the trouble is probably due to some other cause.

As the bunion is usually caused by an ill-

fitting shoe, and as a return to the use of such shoes after the bunion has been relieved will be sure to bring back the trouble, it will be useless to continue this treatment unless the patient's mind is made up to wear shoes which have room for five toes instead of for only two, as is the fashion at present, and which are long enough to prevent pressure on the end of the great toe.

During the treatment of thousands of cases of this description, in seventy-five out of every hundred the cause could be traced directly to the shoe or boot. They were either too short and narrow, or too loose in the instep and heel. After treatment, I recommended shoes of a proper size at once, and in cases where my advice was followed the parties experienced permanent relief, and on continued wearing of these shoes the size of the bunion has been greatly diminished.

Enlarged joints are due to the same general causes as the bunion, but are entirely different in nature.

Rheumatic gout, which always deposits a chalky substance in the joints of both fingers

and toes, can do this much more readily when the shoe has already produced irritation; and deposits such a quantity as greatly to increase the thickness of the joint, until it looks very much like an aggravated bunion. Hence such a swelling is often mistaken for and treated as a bunion.

Sufferers from rheumatism or rheumatic gout are particularly liable to attacks of this nature; and once the disease is established in the joints of the feet, it can never be entirely eradicated, but the pain can be relieved and the size of the joints somewhat reduced by bathing the foot thoroughly in water as hot as can be borne, as this will reduce the inflammation, besides softening the chalky matter deposited in the joints.

Elderly persons, and those in delicate health, should, of course, consult their medical attendants before subjecting themselves to any treatment which would be liable to cause them to catch cold. But healthy persons would not be affected by this treatment, other than to attain the object desired without injury.

After drying the foot carefully, rub into the

joint with the palm of the hand mutton tallow, or vaseline, or anything which will serve to lubricate the joint and produce a reaction. Work the joint with the fingers occasionally.

Paint the affected joint once every week with tincture of iodine, but do not use this if there is any break in the skin. The foot, in the mean time, must have plenty of room in the shoe, as any pressure whatever will certainly cause pain, and tend to increase the size of the joint.

Dislocated joints are of very common occurrence, and are often mistaken for and treated as bunions. They are caused primarily by the present fashionable shape of shoe, which is narrow and pointed, with very high heels. The foot being crowded into the toe of the shoe by the weight of the body, and the toe being narrow and pointed, the middle toes of the foot are crushed together, and the joint of the great toe, and often of the little toe, forced out of its socket.

Unlike the bunion or enlarged joint, this trouble can be cured by proper treatment, but it is necessary to state here, that unless it is

taken up at once and the cause removed, it will become chronic and incurable. In this stage of the injury, the joint discharges its lubricating fluid through a wound which it opens for itself by suppuration, and finally becomes stiff. Then the surgeon must be called in for relief.

So delicate and sensitive is the much-abused foot, that even short and badly shaped stockings have been known to throw the joints out of place.

To cure a dislocated joint, first draw out the local inflammation by means of a folded linen handkerchief, soaked thoroughly with hot water or witch-hazel, placed over the swelling. If hot water is used, the handkerchief must be kept wet continually with water as hot as can be borne, for two or three hours. If witch-hazel is used it would be well to heat it.

Dry the foot thoroughly, and rub the joint briskly with linseed oil, or vaseline, to lubricate it ; and at the same time, take a firm hold of the end of the toe affected, and work the joint up and down. Pull it straight, and the dislocated joint will then easily work back into

its socket. This must be repeated every day until all soreness disappears.

In the mean time the foot must be properly bandaged with old linen, or a regular surgeon's bandage, during the day, but the bandage can be removed at night. When bandaged it must be done in such a way as to keep the toe straight, so that the joint will remain properly in its socket, until the ligaments, or bands, become strong enough to hold it in its place unaided. It is imperative that a long, wide, roomy shoe should be worn.

Should, however, there be any discharge or suppuration from the joint, it will be necessary to give the foot entire rest, as walking will increase the inflammation and consequent discharge.


The wound should be carefully washed with warm water, adding a few drops of a solution of carbolic acid, morning and night, and the joint bandaged as heretofore described.



Chapter Seven.

FLAT FEET.

How Caused—Frequency of Occurrence—Shoes
That Cause this Trouble—Prevention—Relief.

 HIS affliction is sometimes called “splay foot,” and is common alike to children and adults of both sexes.

It is caused by the destruction of the arch of the foot, due to loosening or stretching of the ligaments which bind the bones of the feet together. The arch gives way, and permits that portion of the foot to sink flat on the shank of the shoe, on which it thereafter has to depend for support; and, the bones being no longer held properly in their places, the foot loses its spring, and walking or even standing causes it to become lame and exceedingly painful.

Flat feet, in both sexes, are becoming more and more common. Fleishy people are, of course, more subject to this defect than others, on account of the weight of their bodies. Persons who have been confined to bed for any

length of time, from whatever cause, are particularly liable to get this trouble the first time they attempt to stand on their feet ; as all the ligaments are then weak from disuse, and are not strong enough to uphold the weight of the body without stretching. Children who are taught to walk too soon—particularly fleshy children—are also liable to have this complaint, combined with weak ankles ; also persons who are compelled to stand for a great length of time on their feet.


Shoes having high heels, with narrow shanks, commonly known as French heels, will cause this complaint quicker than any other known agency. After the arch of the foot has once fairly given way the ordinary shoe will only tend to aggravate and perpetuate the trouble, and owing to the unnatural pressure thrown upon various parts of the foot, bunions, corns, and a host of kindred ailments inevitably follow their continued use.

When taken in time, flat feet can be prevented, especially with children ; but it must be fully understood that once the arch of the foot has entirely broken down, it is rarely if ever built up again.

Chapter Eight.

GOUT, SPRAINS, AND CHILBLAINS.

Origin of Gout—Relief for the Pain—Cause and Symptoms of Sprain—Treatment to be Used—Simple Chilblains — Their Cause — General Treatment Suggested.

OUT originates in the blood, and generally manifests itself in the feet. The great toe, as a rule, is first affected; though the heel sometimes has the swelling and pain, which gradually extends to the whole foot. This disease usually attacks those past middle life, although instances are on record of cases in quite young persons; but these are usually combined with rheumatism.

The exact cause of gout is in dispute, and it would require a thorough knowledge of anatomy and hygiene to understand the different theories; so I will not burden the reader with details, as gout cannot be treated successfully except by a regular physician.

The pain attending the disease, however, can

be greatly relieved by the wearing of shoes which have been properly made, with abundance of room to allow for the unnatural swelling of the feet, and with thick soles, but with very soft and pliable uppers, made of either ordinary leather or buckskin.

Those afflicted with these troubles will save themselves much misery and pain by having two pairs of shoes always on hand, one of which can be worn when the feet are not swollen, and the other of a larger size to be worn when the feet are puffed up and very painful. A good but temporary relief from the severe pain is a foot-bath of hot Pond's Extract or witch-hazel.

A sprain is caused by violent stretching or wrenching of the tendons and ligaments controlling the various movements of the foot; and in particularly severe cases some of the smaller blood-vessels are ruptured.

After an accident of this kind the foot or ankle rapidly swells, and this is accompanied by severe heat and pain, with a sensation of violent throbbing. The slightest movement, or the weight of the body thrown upon the

foot, as in walking or standing, causes excruciating agony, and often occasions nausea and even fainting spells.

When any of the ligaments or tendons are broken, or any of the small blood-vessels ruptured, the skin over the sprain becomes black and blue, or mottled in appearance.

If not skilfully treated immediately after the accident, particularly when the patient is past middle age, the sprain becomes more serious than even a dislocation or a fracture. The first important thing is to prevent inflammation, which may be done by placing the foot in a horizontal position, and applying over the sprain a folded cloth, kept soaked with water as hot as can be borne.

If hot water cannot be had, bathe the foot in cold water, as even this will serve to keep down the swelling until a physician can be summoned.

CHILBLAINS.

Several different forms of disease of the same general character have been commonly known under the name of chilblains; but I will not give their details or their peculiar symptoms,

but will describe and prescribe a treatment for ordinary chilblains only.

When any part of the foot has been exposed for a considerable length of time to continued cold, which is not quite sufficient to cause the blood to congeal, and is then injudiciously exposed to heat, chilblains will be the result.

The sensation, at first, is of itching and burning, which is followed by a continued aching. On examination the parts appear red and somewhat swollen; if it is a severe case, the swelling is great and the inflamed parts very sensitive.

Children are more liable to this trouble than older persons. They are prone to run to the fire the minute their feet become cold, and often loiter on their way to and from school to play in the snow; and a good soaking in slushy water, and one session in a warm school-room, will produce a severe case of chilblains sooner than any other form of exposure. Adults often contract a severe form of this trouble by standing over a hot register after having ridden for some time in a cold car or carriage.

As there are so many forms of this trouble,

it will be impossible to suggest other than the general principles of treatment, which must be modified for each individual case. A good rule is to make use of a cold substance, without the application of heat, to revive a proper circulation in the parts affected. Hence, the shoes and stockings must be removed in a cold room, without delay, and the feet rubbed briskly with snow or cold water and the palm of the hand, until the skin resumes its natural glow and healthy appearance.

Should the trouble be of long standing, or prove unyielding to this treatment, follow the above directions, and, after drying, rub the parts with a mild liniment. A recipe for a liniment which will prove effective in the most stubborn case will be found in Chapter XI.

I would advise all persons who are troubled continually with chilblains to wear good roomy shoes, to allow for swelling, as pressure will greatly aggravate the difficulty, and will make absolute cure impossible.



Chapter Nine.

DISEASES OF THE PERSPIRATION,
AND COLD FEET.


Fetid Odors—A Sure Cure—Cracking of Skin between the Toes—Treatment—Lack of Perspiration—Relief—Cold Feet—Aids to Defective Circulation.

WHEN feet throw off a bad odor, it is due to a chronic excess of perspiration, which scalds the skin, and finally causes the pores to become diseased. This is not due to any lack of cleanliness, as some suppose, but to a weak condition of the skin of the feet, aggravated by being constantly covered with leather shoes, lacking proper ventilation. Inattention to this disease will permit it to become very disagreeable to any one compelled to remain in the same room with the person afflicted; hence it is the cause of much mortification to its victims.

As the means of getting rid of this trouble are very simple and inexpensive, ignorance is the only possible excuse for any one who per-

mits the odor from his feet to annoy himself or his neighbors. I give the treatment which has yet to fail, during many years of practice.

Bathe the feet in warm or cold water, whichever you are accustomed to use, for about ten minutes, morning and evening, adding to the water, in which no soap or soap powder can be used, sulphuric acid, in the proportion of one teaspoonful to a quart of water before placing the feet in the bath. The mixture will be milky in appearance.

 [Be very careful in handling sulphuric acid; the common name for it is "vitriol," and it will burn anything with which it comes in contact, be it clothing or flesh, just as badly as though it were red-hot iron. Keep beyond the reach of children. In the foot-bath given, however, the quantity is very small, and its dangerous power is neutralized by the large quantity of water.]

This bath should be continued as directed every day for one week. Should the trouble return, repeat the treatment for another week, when the cure should be complete. Should this treatment fail in accomplishing the desired

effect, the physician should be consulted, as the disease is probably complicated with some general disorder of the blood.

Perspiration will often cause the cracking or splitting of the skin between the toes. This is exceedingly painful, as the cracks often extend all the way around the base of the toe, underneath. The cause is an acid state of the perspiration, or the continued neglect of the ordinary foot-bath.

Castile soap and warm water, followed by thorough drying, will often work wonders; but should much moisture appear between the toes, after drying, dust carefully with a little French chalk, starch, or talcum powder, first applying a small quantity of tincture of myrrh to the most severe cracks.

The lack of perspiration will cause a dry and burning sensation in the feet, and is due to a disturbance of the general health, not to any local disorder. Dyspepsia and kindred ailments, as well as rheumatism and gout, will almost invariably cause this condition of the feet.

To relieve it, a foot-bath of tepid water, into

which a handful of oatmeal or bran has been thrown, can be used morning and evening with excellent effect, especially after a walk. Bicarbonate of potash dissolved in a foot-bath has also been found very beneficial.

Persons who are troubled with cold feet should bathe them in cold water for about five minutes on arising in the morning, and rub them briskly with a rough towel until the skin shows a bright healthy glow. This keeps the circulation in perfect order, and can be repeated in the evening with marked benefit.

During the day two pairs of stockings should be worn. The pair worn next the skin must be thin and white, but the outside pair can be cotton, woollen or silk of any color. The white pair need come only as far as the ankle, the balance being cut off. Felt or chamois should be worn inside the shoe, where possible, as this will serve to absorb the dampness, and keep the cold from striking into the feet.

Cold and "clammy" feet are indicative of general debility, and but little benefit can be derived from external applications or treatment. But spirits of camphor, or bay rum,

mixed with half its quantity of glycerine, will prove of benefit as an aid to establish a good circulation. Rub the feet thoroughly after each application, and follow the foregoing instructions regarding stockings carefully.

The shoes should of course be of good width and length, and have heavy soles.

The cause of this clammy condition of the feet should be ascertained and treated by a physician. Our suggestions are designed simply to mitigate its effects.



Chapter Ten.

HOW TO BATHE AND DRESS THE FEET.

Should be Bathed in the Evening—In Salt Water—
Prescription for Brine—Hot or Cold Foot-Bath
—Foot-Gear for Children—Stockings—Shoes—
Effect of Foot-Clothing on Health—Bound
Feet of Chinese Women—The Proper Shoe.

THE evening, before retiring, is without doubt the time to bathe the feet, which have been in motion all day during the hours of business, and exposed to all sorts of weather, and are consequently much fatigued. The bath will remove all aches and tired feelings, and the sleep will be sweet and refreshing.

As not every one understands how to bathe the feet so as to obtain the best results, I give a few instructions, which, if followed carefully, will not fail to relieve even the sorest feet, where the soreness is due to fatigue.

Add to the water for the foot-bath—which should be warm—brine in the proportion of

one cupful to a quart of water, and soak the feet in this for about ten or fifteen minutes, scrubbing them well with a stiff nail-brush all over. This will remove any dead cuticle, and cleanse the pores of the skin thoroughly. It also keeps the skin in a vigorous and healthy condition, and often prevents the formation of callous spots and even corns, and is especially beneficial to the feet of children. Any callosities on the soles or heels should be reduced with a piece of fine emery paper, or a fine file, before placing the feet in the water.

As considerable time can be saved by keeping the brine for this bath on hand, it will be well to have the recipe. The best is made in this way: Dissolve one pint of sea-salt in two quarts of water, pour it into a covered jar or bottle, and allow it to stand for twenty-four hours before using. Some of the salt will not dissolve, and when some of the brine has been used, the bottle may be filled with clear water, repeating this process until all the salt is gone from the bottom of the vessel, when a new supply must be made.

The advisability of using the foot-bath hot

or cold must depend entirely on the previous habits and constitution of the individual. Cold water will be too much of a shock to some, but hot water is weakening; therefore tepid water is preferable for the use of persons well advanced in years, or in delicate health. Those who are subject to gout, rheumatism and kindred ailments, when actually suffering from any of these maladies, should not bathe their feet at all, as any sudden change in temperature will often produce serious results.

Persons past middle life will run no risks, if, instead of bathing their feet, they will sponge them off with tepid water, drying them thoroughly, especially between the toes.

Too little attention is paid by mothers to the kind of clothing put upon the growing feet of their children. During the process of development it is very important that the minor details should be carefully looked after, as many of the corns, bunions, and ingrowing toe-nails with which the people of this generation suffer are due to the careless treatment of their feet during childhood.

Stockings with as few seams as possible, and

with plenty of room for all the toes, should be provided for children; as seams cause corns, and a stocking that is too short is just as bad as a shoe with the same fault, and much misery and annoyance will surely result in after years from their continued use.

Colored stockings are a source of danger to those who have thin or sensitive skin, and should not be worn when the feet are inflamed or the skin broken, or when they have been frost-bitten. Stockings with white feet as far as the ankle are, of course, just as good as those that are entirely white.

There are stockings manufactured to-day with a right and a left to the pair. I most heartily recommend them to all my readers and patients, as they are certainly a step in the right direction.

The subject of children's shoes cannot be treated too carefully, for parents who will incur any expense and take the utmost pains to give their children comfort, often overlook through ignorance or carelessness the needs of the tender and growing feet, and buy shoes which are not only too short and narrow, but ill-fitting in every part.

Since the feet of a child are actually in process of development, the bones and ligaments are soft and pliable, and will conform to a bad as well as to a properly shaped shoe. Hence it is far better to buy shoes of sufficient length and breadth, with snug heels and close-fitting instep, which alone can make it possible for the child to grow up with perfect feet. Harsh, but just, was the remark of a young lady to her mother: "You made me wear such narrow shoes that I shall be lame all my life."

The feet of a child can be compared to a young tree, which can be made to grow straight or crooked. Which it shall be is decided by the parents.

That the fit of the clothing for the feet has a great influence on the general health is apparent; and when, as is usually the case, the foot-clothing does not conform to the size and natural shape of the feet, those members, being more pliable than the shoes, conform to the mould into which they are forced; and, the joints being thrust out of place, friction and pressure cause inflammation, and all sorts of diseases of the feet are the inevitable result.

An example of the extreme pliability of the feet is seen in the case of Chinese women of the upper classes, whose feet are made small by pressure. The method used to produce this horrible result—after all, no worse than wearing fashionable shoes with high heels and pointed toes—is as follows: When the Chinese girl reaches her third year, the four smaller toes on each foot are bent down under the ball of the foot, leaving the great toe straight. The whole foot is then bound up tightly in this position, to make it pointed and very narrow, and to prevent any further growth. In walking, of course the child really walks on the knuckles of these toes, which causes them to become red and swollen, and the bandages cause great suffering to the victim. Fortunately the foot gradually conforms to the position, and in time the pain subsides. The toes, being inactive, cease to grow, and become almost a part of the ball of the foot, which by this time has assumed a rounded form with a point, the great toe, as its apex.

Another barbarous operation is performed, and of so severe a nature that it causes the

death of many of the most delicate children. The foot is forced downward, until the point of the great toe almost touches the heel, and the whole foot is bound tightly in that horrible position. This bandaging is often removed, but never loosened; and the foot is bent more and more, month by month, until finally the great toe lies alongside of the other toes on the ball of the foot, and the whole bunch is actually doubled over into the arch of the foot, where it remains. It is the "smallness" of this kind of "foot" which so often excites the envy of some of our fashionable women and shallow-pated men; the foot, of which they are so envious, being nothing but a stump, a bit of heel and a bit of toe, with a mark like a cicatrix between them.

Sometimes, when the parents are not wealthy, and the girl is compelled to work for a living, the foot is not bound; but such are the social customs of China that the girl considers natural feet a disgrace, and attempts to disguise the supposed deformity in every way. Often, on the marriage day, pieces of cork are strapped to the soles of the feet, and to these slippers

are fitted. Of course these slippers are very small, and, protruding from beneath the dress, are supposed to deceive the guests. And this is only an aggravated form of "fashion."

The all-wise Creator formed human feet, and when the clothing of the feet is made to conform to nature, it is right; and not otherwise. Then, and only then, will it protect the feet from cold and injury, and not distort or crowd their structure in any way. This is of vital importance, as the condition of the feet powerfully influences the health of the whole body.

Boots and shoes should be long enough and wide enough to allow all five toes to lie in their natural position, without crowding. In the natural position, the great toe lies in a direct line from its point to the centre of the heel; and if we force this toe out of line, the result is distortion. When this result has been accomplished, the boots or shoes should not be made to conform to the bent toe, but should be made as if the toe were straight; then the toe, afforded room, will gradually resume its natural position. If the shoe is made so that the toe is pressed outward by gentle pressure

on its joint, this will greatly contribute to its resuming the natural position, if no inflammation exists in the joint.

Shoes which are too short are the greatest cause of distortion of the great toe, bunions, and ingrowing toe-nails.

The heels of boots and shoes should not be high and narrow, but low and broad, to give firm and steady support to the foot; and the last should be so constructed as to allow the heel to fit well down into the shoe, so that a very light pressure over the instep will keep the foot from slipping forward.

The soles of walking-shoes should be rather heavy, but for house or carriage wear may be considerably lighter. Heavy soles protect the feet from dampness, and from being bruised by uneven surfaces; light soles are no protection whatever from either, and are the cause of corns and callosities on the soles of the feet.

The upper part of the boot or shoe, of whatever material it may be made, should be sufficiently loose across the toes to allow the great toe to retain, or resume, if distorted, its natural position.

If the heel of the foot has been allowed to sink into the heel of the shoe, by a proper construction of the last, and if the arch of the foot is properly supported by an elevation of that part of the sole called the shank, under the arch, very moderate pressure over the instep will be sufficient to keep the foot in its proper place, thus making walking easy and pleasant.

Shoemakers are often ignorant of the principles on which the construction of foot-wear is based ; but more frequently are wholly ignorant of the character of the complex organisms on which their art is bestowed. Almost invariably they adhere blindly to the usages and forms which are prevalent, and endeavor to follow the style or fashion as well as they can.

Many of our women, with beautiful hands and forms, and faces of almost perfect contour, have feet quite as badly deformed as the various cuts represent.

The author hopes that the facts and principles he has set forth will lead his readers to care properly for their own feet and those of their children.

Chapter Eleven.

ADDITIONAL RECIPES AND PRESCRIPTIONS.

For Simple Chilblains—To Remove Corns—To Remove Warts—To Remove Soft Corns—For Ingrowing Toe-Nails—For Perspiring Feet—For Hard Corns.

IN addition to the remedies and treatment given for use in the various diseases of the feet, there are many others that are just as good, and which will effect a cure just as quickly. To some they may prove more desirable, so I append a few of the most important.

Three remedies for simple chilblains :

I. Dissolve one ounce of sulphate of zinc in one pint of water, and bathe the affected parts several times daily until cured.

II. Dissolve one ounce of muriate of ammonia in half a pint of cider vinegar, and bathe the affected parts several times daily until cured. Half a pint of alcohol added to the above will make it better.

III. A mixture of one part kerosene oil and two parts common olive oil, rubbed into the foot morning and evening, will prove a quick and effective remedy.

To remove common corns :

When small in size, an effective eradicator will be found in nitrate of silver (lunar caustic). Merely wet the corn and touch it with a pencil of caustic, every evening before going to bed, the feet having been previously bathed in warm water.

To remove warts :

I. Dip the end of a pencil of lunar caustic in a little water, and touch it to the warts, daily. In the course of a week or so the warts will entirely disappear.

II. Dissolve a little sal-ammoniac in two ounces of rain-water, and apply to the warts night and morning, or as often as convenient. After a couple of weeks the warts will disappear without leaving a trace.

To remove soft corns :

Soak a sheet of white tissue-paper in a saturated solution of rain-water and sal-ammoniac, and hang it up to dry. Place a small piece of

this paper (single thickness) on the corn, between the toes, fresh every day. This will prove a good remedy.

For ingrowing toe-nails:

Melt a little common mutton tallow and pour it between the flesh at the sides of the toe and the nail, and leave it there until the cure is complete.

For perspiring feet:

Bathe the feet in cold water in the morning, and sprinkle pulverized sugar between the toes. Wear low-cut shoes (and over-gaiters when necessary).

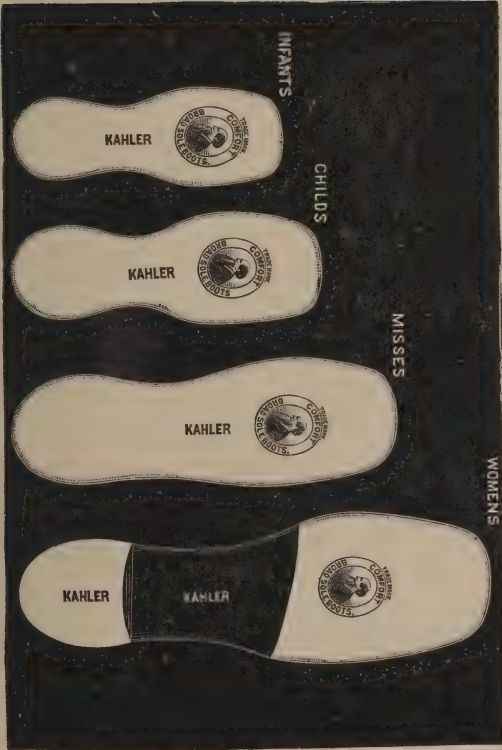
For hard corns, warts, and callosities:

R	Acid salicylic,	3 i.
	Extr. cannab. ind., . . .	gr. x.
	Collodii,	$\frac{7}{8}$ i.

M. Sig.—External use.

To be used for three successive nights, painting the corn, wart, or callosity with a camel's-hair brush, afterward bathing in warm water, and carefully picking away the softened parts.

Worn-down heels and crooked shoes produce corns and other maladies of the feet.



INFANTS

CHILD

MISSES

WOMENS

KAHLER

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DR. P. KAHLER & SONS'
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ONLY AT THEIR STORE

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NEW YORK

DR. P. KAHLER AND SONS,
Nos. 813 and 815 Broadway, respectfully
present to the reader the following
statements, prepared by Dr. P.
KAHLER, concerning the cause of his
adopting the shoe now known as the
“KAHLER” comfort shoe, and enter-
ing upon the manufacture of the
same.

How I Came to Adopt My System of Boots and Shoes.


IN the practice of my profession I found great difficulty in procuring for my patients properly constructed boots and shoes. After I had almost restored the foot to a healthy condition, it would happen that the improperly made shoe which they persisted in wearing would bring back the original difficulty, or something as bad or worse. None can doubt that most of the diseases and deformities of the feet of which I have spoken, and under which so many suffer, are directly or indirectly caused by want of knowledge or by want of thought on the part of those who call themselves "Boot and Shoe Makers." They are in ignorance or they are regardless of the principles on which the clothing of the feet should be constructed. Not comprehending the anatomy and physiology of the complex organism on which their labor is bestowed, they either blindly stick to the usages and forms in

which they were trained or which have become prevalent, or follow the fashion, however irrational or unhealthy the paths through which it may lead. Too often, however, the fault is with the wearer, who will obstinately and unwisely insist on wearing shoes too short or too narrow, and sometimes both; thus crowding five toes into a space not sufficient for three, and, in many cases which I have seen, not allowing for the entire five room enough for two. The bootmaker, who thinks he must please the customer, to retain his patronage, complies. The result is that the joints of the great toes are pressed out of place, made inactive and powerless, and often almost paralyzed. In-growing nails are caused in the same way, and corns, both soft and hard. Shoes too narrow or shoes too short produce great evils; but shoes or boots both narrow and short give Nature no opportunity to protect herself, and, as though incensed beyond endurance, she revenges herself upon the violator of law, filling him with unceasing and insupportable pains. Heels much too high and placed under the arch

of the foot cause other evils, besides aggravating such as have been already described: the body is thrown forward and kept in an unnatural position, and the knee peculiarly affected. The connection of the knee with the nervous system is well known to physicians. Nothing weakens a man more than any difficulty of the knee; nervous excitement, especially fear, is spoken of as "weak knees." With such heels the action of every muscle employed in walking or in maintaining the erect posture of the body, is interfered with. This evil effect extends to parts of the body which would naturally be thought farthest removed from injury from such a source. A leading oculist, not long since, after many experiments, traced an obstinate difficulty of the muscles of the eye to the effect of the long wearing of improperly made shoes.

Comfortable Feet.

HOW MADE SO.

HOSE who suffer from corns, bunions, and ingrowing toe-nails may find relief by wearing shoes modeled after the natural foot, with **broad soles** and **low heels**, giving room for **five toes** instead of one or two, and allowing every muscle freedom of action. No one free from diseases of the feet can tell how long he will remain so, unless he conforms to these principles.

A healthful condition of the feet is closely connected with comfort and a sound state of the whole body, particularly of the brain and nervous system.

Many of our patrons, both ladies and gentlemen, say that by wearing our boots and shoes they have renewed their youth, and regained a buoyancy of feeling and ease of motion which they have not known for many years. What is more important, a great improvement in their

SALVE FOR TENDER FEET, 50c.

general health has resulted from wearing the "KAHLER" shoe. The reason why the broad-sole boots and shoes produce these effects is simple enough: the feet are no longer in pain, walking becomes a pleasure, proper exercise is taken, and the nerves being no longer irritated by pressure or uneasiness, the health improves.

We manufacture all the goods we sell, including *rubbers*, and keep constantly on hand a full line of ladies', gentlemen's, misses', youth's and children's boots, shoes, and slippers, both for house and street wear, **all hand made**. Having many different widths and sizes, all of which conform to the natural shape of the feet, we find no difficulty in fitting, except in cases where the feet are **very much** deformed, and then we prefer to make by measure.

For cold and sensitive feet and callous places on soles of the feet—send for a pair of our Perforated Felt Insoles (medicated).

Women's sizes, - - - - 25c.

Men's sizes, - - - - 40c.

An Accurate Fit.

HOW OBTAINED.


PERSONS living away from New York City can be fitted accurately by sending one of their shoes to us (the cost by mail being but a trifle), and a simple outline drawing of the foot; this is made by placing the foot on a piece of paper and drawing the pencil around it. Where it is not convenient to send one of the shoes, the number of the shoe usually worn will answer.

It is essential, when sending shoes to us for our guidance, to write the name of the sender on the outside of the wrapper. Persons ordering shoes for their friends should give the names of those for whom they are purchased. As women suffer more than men, and their grace of motion is more unfavorably affected by diseased feet, we have made a specialty of ladies' broad-soled boots.

All sizes sent are carefully filed, to be in readiness for further orders.

Beware of Imitators.

HOW DETECTED.

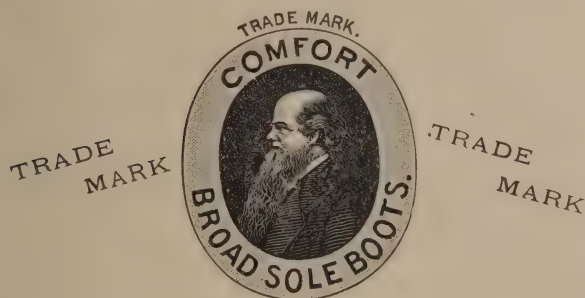
HE kind words of those who find DR. P. KAHLER & SONS' Broad-Sole Boots and Shoes with low heels *sole*-satisfying, have made them so well known, that many shoe dealers, hoping to get the benefit of our well-earned reputation, represent that they have on sale the "KAHLER" Shoe, or shoes made on similar lasts. Reports from those who have been thus deceived justify us in saying that *our* shoes are the result of long experience, and our *lasts* cannot be obtained by other manufacturers. We make all our own goods, stamp our trade-mark on the sole of each shoe, as well as the name "KAHLER" in shank and heel, and place the name and address inside.

ON SALE ONLY AT OUR STORE,
813 & 815 BROADWAY, NEW YORK.

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ARE ON SALE *ONLY* AT OUR STORE
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NEW YORK

AND CANNOT BE OBTAINED ELSEWHERE



THE LIKENESS OF DR. P. KAHLER IS STAMPED ON
THE SOLE OF EACH SHOE

NONE OTHERS GENUINE

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